

## ABSTRACT

A near-field light generating method for forming a fine  
5 light spot at a portion adjacent to a fine opening having a size  
of not more than a wavelength of light on a light outgoing side  
of the fine opening by irradiating the fine opening with the  
light includes a step of forming a light spot having a length and  
a width which are substantially equal to each other by the fine  
10 opening. The fine opening has a rectangular shape having a length  
and a width which are different from each other.